

ORAL CANCER



How **WIDESPREAD** is oral cancer?

- 30,000 Americans are diagnosed with oral cancer each year.
- Approximately 8,000 deaths each year are attributed to oral cancer. Connecticut's incidence, five-year survival, and mortality rates are virtually the same as the national average.

What can I do to **REDUCE THE RISK**?

- **STOP USING** chewing tobacco, cigarettes, pipes, cigars.
- Visit your dentist/dental hygienist regularly - they spot early signs.
- Limit exposure to the sun - protect your lips from overexposure too!

What difference does **EARLY DETECTION** make?

- Chance of surviving five years after early diagnosis = 76%
- Chance of surviving five years after spreading to other areas = 19%

What **SIGNS & SYMPTOMS** should I be concerned about?

- A persistent sore or irritation that doesn't heal.
- Color changes: red or white lesions.
- Pain, tenderness or numbness in the mouth or lips.
- A lump, thickening, a rough spot, crust or small eroded area.
- Hard time chewing, swallowing, speaking or moving the tongue & jaw.
- Change in bite.

WHAT SHOULD I DO if I see/detect something?

- Contact your dentist immediately.